CLAIMS

1. A method of inhibiting myopia development in a human subject including the steps of:

prescribing a frequency and exposure time of a strobing or flickering light or pattern to reduce the rate of myopia development for the subject; and

treating the subject with a strobing or flickering light or pattern at the prescribed frequency and exposure time.

2. The method of claim 1 wherein the step of treating occurs each day or each alternate day.

3. The method of claim 1 further including the step of measuring the myopia of the subject.

4. A method of inhibiting myopia development in human subjects including the step of:

exposing the eyes of a person to light flashing at a frequency in the range of 1 to 60 Hz for a selected period.

5. The method of claim 4 wherein the step of exposing occurs each day or each alternate day.

6. The method of claim 4 further including the step of selecting the wavelength of the light, the intensity of the light, the frequency of flashing and the duration of flashing.

7. The method of claim 4 further including the step of recording feedback and using a feedback loop to adjust the treatment response to the effectiveness of the treatment in terms of measured progress of the subject.

8. The method of claim 4 wherein the light flashes at a frequency in the range between 5 and 20 Hz.

9. The method of claim 4 wherein the step of exposing is applied for at least 5 minute periods every hour over a 2 to 10 hour period.

10. The method of claim 4 wherein the step of exposing is applied for 10 minute periods every hour over a 2 to 10 hour period.

11. The method of claim 4 wherein the step of exposing is applied for at least 20 minute periods every hour over a 2 to 10 hour period.

12. The method of claim 4 wherein the step of exposing is applied during daylight hours.

13. The method of claim 4 wherein the light is visible light.

14. An apparatus for inhibiting myopia development in humans comprising:

a strobable light;

a means of adjusting a frequency at which the light strobes;

a means of adjusting a period of time over which the light strobes;

wherein said light strobes at a desired frequency for a desired time period.

15. The apparatus of claim 14 further comprising:

a feedback means of measuring myopia and making an adjustment to the period of time and the frequency the light strobes in response to the measured myopia.

16. The apparatus of claim 14 wherein the light is in the visible range.

17. The apparatus of claim 14 further comprising means for adjusting a wavelength of said strobable light.

18. The apparatus of claim 17 wherein the wavelength of the light is about 550 nm.

19. The apparatus of claim 14 wherein the strobable light operates at a frequency in the range 1 to 60 Hz.

20. The apparatus of claim 14 wherein the strobable light operates at a frequency in the range 5 to 20 Hz.

21. The apparatus of claim 14 wherein the frequency of the strobable light compensates for the frequency of the background lighting.

22. The apparatus of claim 14 wherein the intensity of the strobable light compensates for the intensity of the background lighting.

23. The apparatus of claim 14 wherein the wavelength of the strobable light compensates for the wavelength of the background light.

24. The apparatus of claim 14 further comprising a base.

25. The apparatus of claim 24 wherein the base is in the form of eyeglass frames with the light located near the hinge.

26. The apparatus of claim 24 wherein the base is mountable to a table.

27. The apparatus of claim 24 wherein the base is in the form of a lamp stand.

28. An apparatus for inhibiting myopia development in humans comprising:

a flickering pattern of low luminance and high luminance regions;

a means of adjusting a frequency at which the pattern flickers; and

a means of adjusting a period of time over which the pattern flickers;

wherein said pattern flickers at a desired frequency for a desired time period.

29. The apparatus of claim 28 comprising a television frequency signal generator that delivers a television frequency signal of the flickering pattern.

30. The apparatus of claim 28 comprising a computer when programmed to display the flickering pattern on a monitor or screen of said computer.